LINCOLN TALKING 'WALKING DEAD' {page 17}

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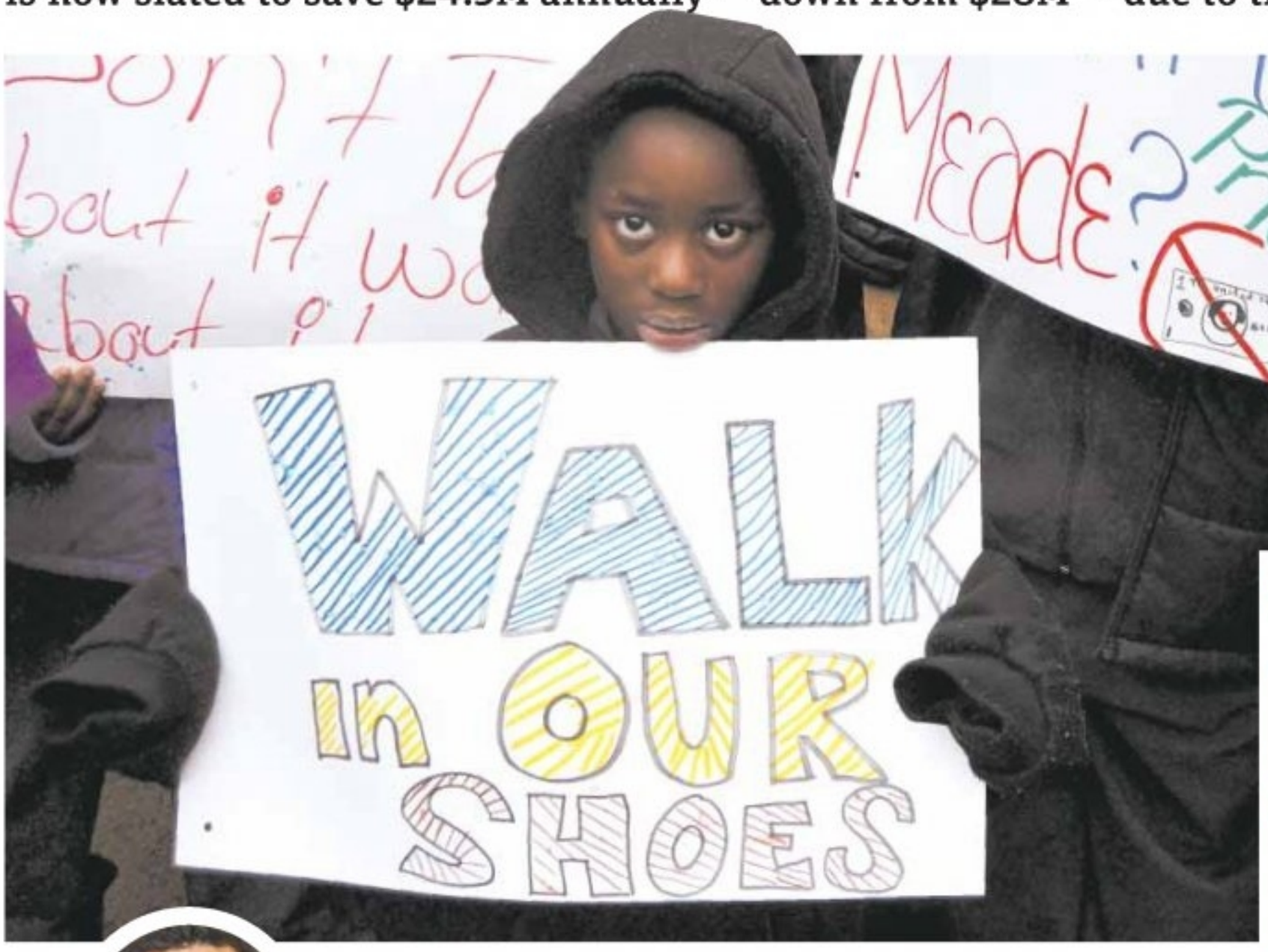
PHILADELPHIA
Wednesday, February 20, 2013

Eight city schools saved, but 29 still face chopping block

Parents and school staff have mixed emotions during rainy day protest **The school district is now slated to save $24.5M annually — down from $28M — due to the reduction in closings** {page 02}

RIKARD LARMA/METRO



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PLUS WHY IS PETE WENTZ SO MAD AT US? {pages 16}

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District plan reveals some schools spared closed doors

Locals protest as school district revises plans to close 29 instead of 37 public schools School Reform Commission plans to hold public hearings this weekend

Bitter rains dampened Meade Elementary School's sweet victory. Students, parents and educators celebrated on the school's steps, as theirs was one of 10 buildings spared from closure.

Under rain and strong winds, the mood took a turn from happy to gloomy as they were reminded of the 29 other public schools that weren't so lucky.

"One person on the cell phone walking by said, 'Thank God our school is saved,' and then another, "My school's closing!'" said Arlene Kempin, vice president of the Philadelphia Federation of Teachers.

The Philadelphia Public School District announced its recommendation yesterday that 29 schools would close instead of 37. The plan would close 29 buildings — 15 elementary schools, five middle schools, nine high schools and one lease termination. The recommendation removed 10 schools from the original list but added two others.

REKARD LARMA/METRO

▶ Meade Elementary principal Rosalind Tharpe led a group who celebrated her school's preservation, and then protested the loss of the other 29.

Saved schools

The schools that evaded the chopping block are Cooke, Duckrey, Gompers, Meade, Morris, McMichael and Overbrook elementary schools; Alternative For Middle Years at James Martin School; Lankenau and Strawberry Mansion high schools. McCloskey Elementary School will also remain, but it will transition to a K-8 school. M.H. Stanton Elementary School and Beeber Middle School will be considered for closure at a later date.

24M

The district will save $24.5 million

"I like our outcome, but it could have been better," said Ieshia Brumfield, whose son attends Meade.

The district said it would need to change a number of grade configurations in coordination with the 29 closures.

Due to the reductions, the district now projects it will save $24.5 million a year instead of $28 million.

"It's hard," said Fernando Gallard, school district spokesman. "But we think it's the right thing to do for the community."

The School Reform Commission, which is the governing body of the school district, will hold a public hearing on all building and program closures this weekend. The hearing will take place at the School District of Philadelphia Education Center at 440 N. Broad St.

Tommy Rowan
letters@metro.us

Quoted

"And everything they keep talking about is funding. You're closing 29 schools and all you're saving is $30 million?"

TIESHA HOPKINS, WHO HAS THREE DAUGHTERS AND A SON WHO HAVE GONE THROUGH THE LOCAL SCHOOL DISTRICT

In the news

$55K

Worth of casino chips were stolen yesterday from the Parx Casino in Bensalem, according to state police.

Surveillance footage captured a man leaving a blackjack table with the chips shortly before 3:30 p.m., according to investigators. Police said the suspect has been identified and more information about the crime is expected to be released today. METRO

Local tweet

"Andrew Bynum might be the most pathetic athlete in Philadelphia sports history #whackjob"

PHILLY RESIDENT @JIRUNS, ON THE 76ERS CENTER

Philly restaurants well-repped on James Beard semifinalist list

PHILADELPHIA. The James Beard Foundation yesterday released a list of this year's restaurant and chef semifinalists for the organization's prestigious annual culinary awards, described by many as "the Oscars of the food world."

Philadelphia was represented well on the list. Marc Vetri raked in the most nominations — he's up for Outstanding Chef, his flagship restaurant Vetri is nominated for Outstanding Service, and Vetri chef Joe Cicala is a contender for the coveted Rising Star Chef of the Year. He'll be competing against Christopher Kearse of Philly's Will BYOB for the honor.

▶ Vetri

Brad Spence of the Vetri-owned Amis is up for Best Chef: Mid-Atlantic. His competitors include Bibou's Pierre Calmels, Konstantinos Pitsillides of Kanella, Sylva Senat of Tashan, Fond's Lee Styer and Marcie Turney of Barbuzzo.

Andre Chin and Amanda Eap of Artisan Boulanger Patissier are up for the Outstanding Pastry Chef award, Tom Peters of Monk's Cafe is nominated for Outstanding Wine, Spirits or Beer Professional, and Stephen Starr is a semifinalist for Outstanding Restaurateur.

Five finalists in each category will be selected on March 18 by an independent 600-judge volunteer panel, and the winners will be announced at a May 4 awards ceremony at New York's Lincoln Center. METRO/AW

Other top honors

Additional local nominees include:

- Vernick Food & Drink for Best New Restaurant
- Franklin Mortgage and Investment Company for Outstanding Bar Program
- Fountain Restaurant at the Four Seasons Hotel for Outstanding Service

News in brief

Ambulance crash injures four people

WILMINGTON, DEL. With lights flashing on its way to a medical emergency, an ambulance collided with a van in Wilmington earlier this morning, according to The News Journal.

Four people were involved in the incident, but none of them were seriously injured, reports said.

The two occupants of the van and the two occupants of the ambulance were taken to a local hospital for treatment.

There were no patients aboard the ambulance at the time, according to The News Journal. METRO/TR

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- Compensation up to $1,700

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News in brief

Penn State bars alcohol-free for unofficial 'State Patty's Day'

STATE COLLEGE, PA. Thirty-four downtown State College taverns and restaurants won't sell alcohol Saturday during the unofficial Penn State student holiday State Patty's Day.

A coalition of university and local leaders joined with local businesses to create an alcohol-free zone for the annual celebration.

Businesses will receive a $5,000 check for lost revenue. Each year since 2007, when the student-created event commenced, it's strained the community and its resources, officials said. METRO/TR

BIKABO LABMA/METRO

▶ Colleen Hughes and Lesley Berkowitz, actors with Tribe of Fools, will perform at the Kimmel Center's time machine (shown in the background), the centerpiece of this year's Philadelphia International Festival of Arts.

Return of the art fest at Kimmel

Travel through time with the Kimmel Center's interactive time machine, the symbol of this year's Philadelphia International Festival of the Arts (PIFA).

The festival's lineup was announced yesterday, and the time machine — a vessel bathed in light, sound and video — will be home to a free show featuring 16 performers representing different periods in time.

The festival this year runs from March 28 to April 27, and every evening Thursday through Sunday, the time machine comes to life with a musical.

More than 60 events throughout the month-long event will be featured.

This year's theme is "If You Had a Time Machine..." with events steeped in history as well as contemporary pop culture moments.

The festival embraces unusual collaborators such as the Philadelphia Science Festival's Icarus at the Edge of Time and the death of musical legend Billie Holiday, as envisioned by the Azuka Theatre and the American Poetry Review.

"Take a risk," said Ed Cambron, Kimmel's senior vice president. "See something that you would not normally see during PIFA."

Cambron said he hopes to attract more people than PIFA's heralded Eiffel Tower installation in 2011.

"We are hoping that 200,000 people will see the performance," he added.

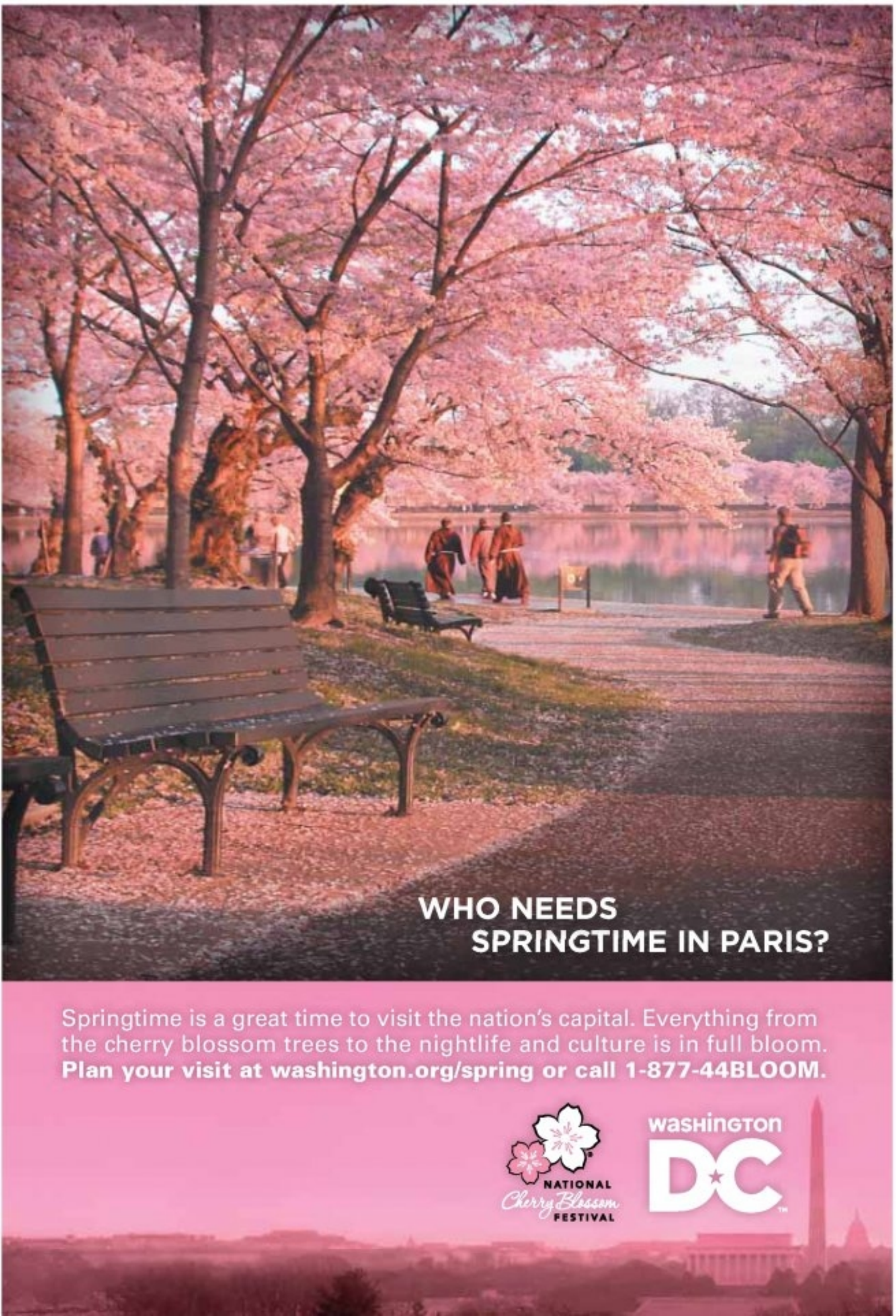
The time machine is designed by a team of artists — including Robert Pyzocha, production designer, video production designer Jorge Cousineau, video, lighting expert Joshua Schulman, and sound engineer Nick Courtides.

Laura Goldman
letters@metro.us

Free events

TD Bank is sponsoring a slew of free events during this year's festival, all of which will be held at the TD Bank Stage at the Kimmel Center's plaza. Some of the highlights:

- **Free lunchtime tunes.** Each Thursday, Philadelphians will be treated to a lunch break from noon to 2 p.m. with free Wi-Fi and eats from Jose Garces, plus performances by acts like Sharon Katz and the Peace Train.
- **Free Philly night.** Local artists will hit the stage every Thursday at 6 p.m. and 10:30 p.m. Performers include the Hundred Acre Woods, singer-songwriter Andrew Lipke and the Swinging Foxes on April 25.
- **Free decades mixer.** Each Friday during the festival will feature performances from a different decade at 6 p.m. and 10 p.m. The lineup includes oldies DJ Jerry Blavat on March 29 and Nirvana brass tribute band the Nevermind Orchestra on April 19.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Hopkins vows to preserve legacy in his upcoming title fight in NYC

Discipline — and being different

The secret to Hopkins' longevity? "[People] want to know if it's deceit — it's discipline," he said. "We all struggle with something we know we should do and we don't. It's very easy for me and it's not easy for most."

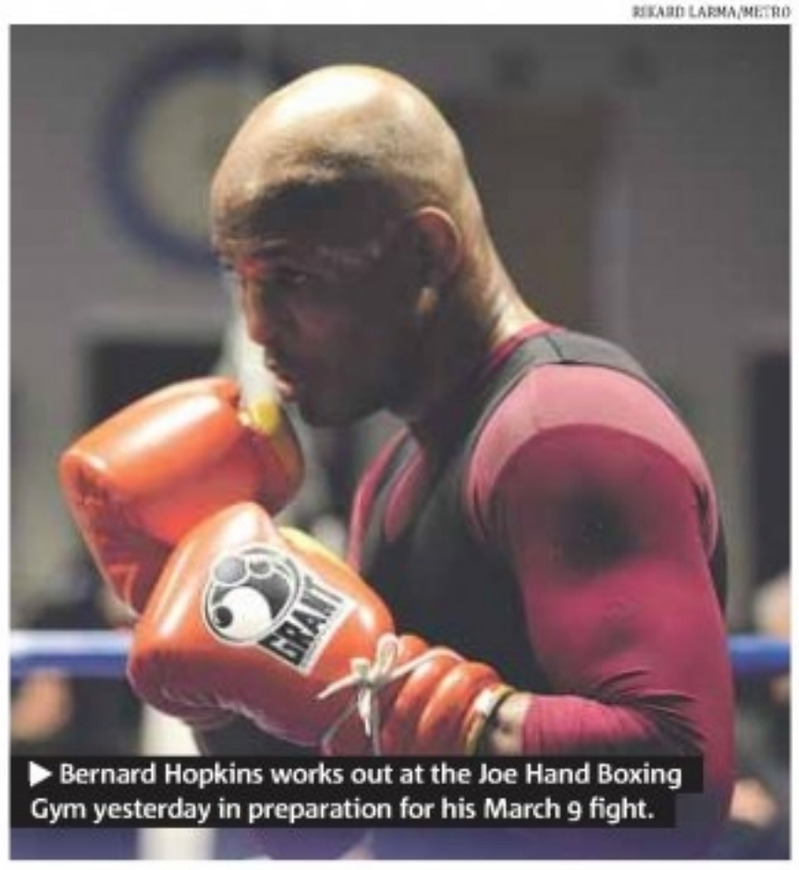
He said he feels good about his chances against Cloud. "At the end of the day, it's something where he's coming with youth, he's coming with strength, he's coming with confidence — he's coming with all the things you need as a fighter," he said. "But I'm different."

Hopkins wants to show young Philly fighters they need to be different, too. "There is really no effort to being average because average is common."

In a move that's certainly in no way common for a fighter pushing 50, Hopkins said he doesn't see retirement on his horizon.

"I know that I still want to compete on this level," he said. "I love what I do and sometimes love can hurt. In this business, it hurts."

RICARD LARMA/METRO



▶ Bernard Hopkins works out at the Joe Hand Boxing Gym yesterday in preparation for his March 9 fight.

Bernard Hopkins was at Joe Hand Boxing Gym yesterday to discuss his March 9 fight against Tavoris "Thunder" Cloud at the Barclays Center in Brooklyn.

If Hopkins emerges victorious, he will break the record for the oldest fighter to win a world title — a record he set himself two years ago after taking the WBC light heavyweight crown at the age of 46.

"This falls in the category of, 'Can Bernard outdo himself and break his own record?'" Hopkins said yesterday. "Which I will be doing on March 9."

Hopkins, who last month turned 48 and will soon face off against the 31-year-old Cloud, said he's not concerned his age will affect his abilities in the ring.

"I don't feel 48 because I don't know what 48 feels like," he said as he taped his hands. "The rule is for the majority, and I'm not the majority."

Still, he admitted that he struggles to know when to say "when." He claimed that critics who question whether he's fit to fight only egg him on.

"When I'm constantly told something, even if it's a mistake for me to do, I have a problem with that," he said. "I really need to work on that."

Hopkins did say his age has made him take a long look at exactly what he's fighting for. "Either way it goes, I look at it as I have something to defend, and that is something I'm very proud of, something that I don't want to make a mockery of or just give it away. That is my legacy," he said, becoming emotional as he reflected on the long career behind him and the road ahead.

"To me, nothing is close to that as far as titles or records," he said between long pauses. "I'm past that. At this age, I'm not going to have my legacy tarnished."

Quoted

"I don't feel 48 because I don't know what 48 feels like. The rule is for the majority, and I'm not the majority."

HOPKINS

Alex Wigglesworth
awigglesworth@metro.us

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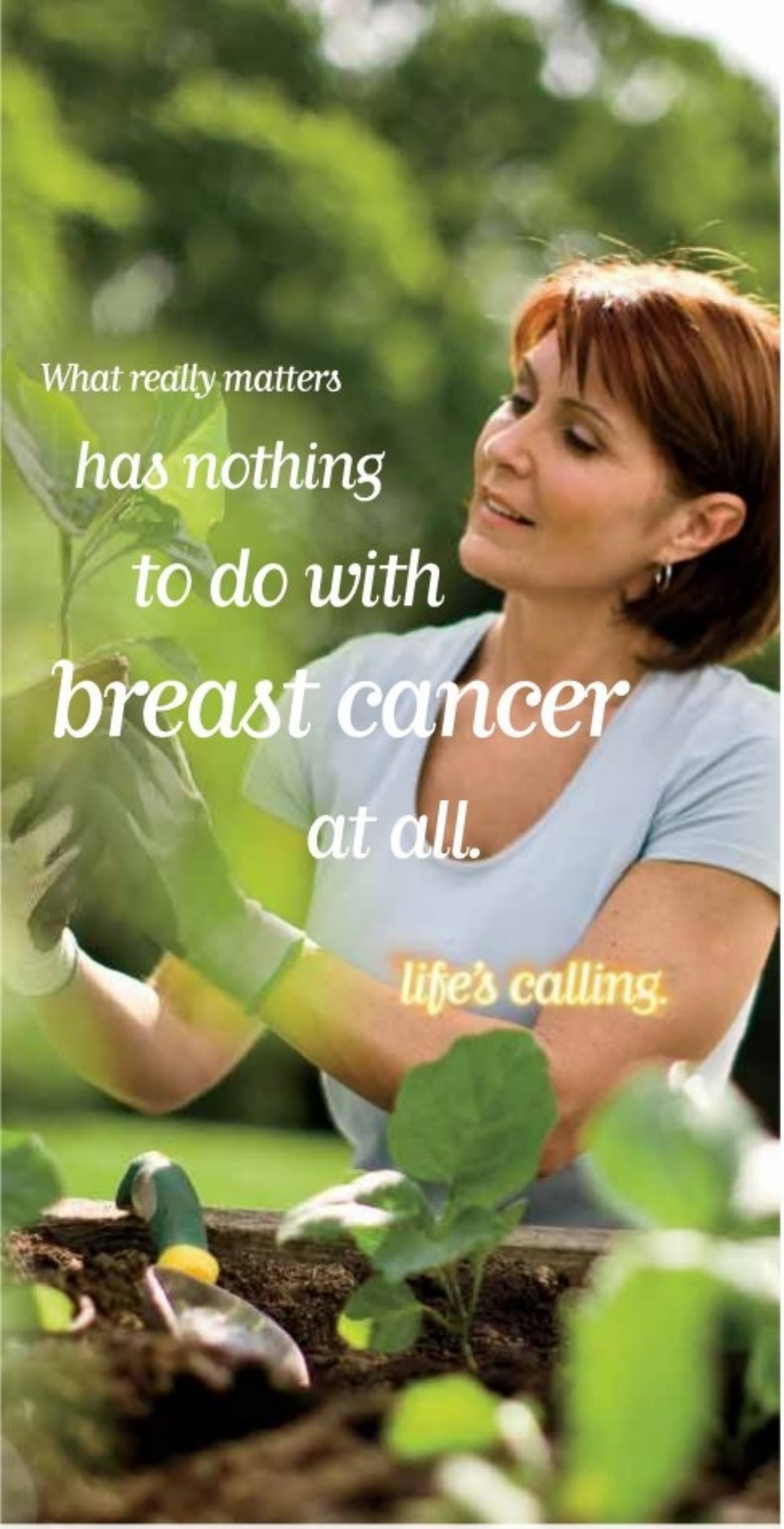

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US Catholic group launches petition to prevent archbishop from voting for pope

GETTY IMAGES

▶ Quilts bearing portraits of abused children are displayed one day after the release of personnel files of priests accused of sexual misconduct. Archbishop of Los Angeles Jose Gomez stripped his predecessor, retired Cardinal Roger Mahony, of church duties on Jan. 31.

A U.S. Catholic group has launched an online petition to keep a cardinal linked to a sex abuse scandal from attending the Vatican conclave that will select a new pope.

Catholics United, a non-profit, non-partisan organization, says that former Los Angeles Archbishop Roger Mahony should refrain from attending the papal conclave and recuse himself from voting. The petition, launched last week, had more than 5,000 signatures as of yesterday, representing a tiny fraction of the roughly one in four Americans who are Catholics.

"Please do not bring further scandal to our Church that has already been rocked by the sex abuse crisis by attending the Papal Conclave. You have been disciplined and you have lost your ability to have a voice within our Church," said the petition from the Washington-based group.

Los Angeles Archbishop Jose Gomez stripped Mahony, 76, of his duties last month over his handling of priest sex abuse cases.

Church files unsealed under court order this month showed Mahony and an aide, Thomas Curry, worked to send priests accused of abuse out of California to shield them from law enforcement scrutiny in the 1980s.

Gomez said last week that Mahony and Curry remained bishops in good standing in the Los Angeles archdiocese. Mahony has apologized for "mistakes" he made as archbishop.

Mahony is attending the Vatican conclave to select a successor to Pope Benedict XVI. Victims-rights groups have criticized Mahony's presence at the conclave. **REUTERS**

Conclave may start early

Church rules call for the conclave to start between 15 and 20 days after the papacy becomes vacant. The Vatican has said the meeting could start earlier than originally expected, giving the Roman Catholic Church a new leader by mid-March.

In the news

Pistorius tells court he thought girlfriend was an intruder

"Blade Runner" Oscar Pistorius put on his artificial legs and walked across his bedroom before firing four shots through a locked toilet door, killing his cowering girlfriend in cold blood, prosecutors said yesterday.

Reeva Steenkamp, a 30-year-old law graduate and model, died after being hit by three rounds from a 9mm pistol, prosecutor Gerrie Nel said.

GETTY IMAGES

▶ Steenkamp and Pistorius

Pistorius, 26, wept uncontrollably in court as Nel outlined details of a shooting that has stunned South Africa and the millions around the world who saw the double amputee's track glory as an inspiring tale of triumph over adversity.

Having had previous death threats and break-ins, Pistorius said he slept with a 9mm pistol under his bed in his plush Pretoria home in the heart of a well-secured gated community. **REUTERS**

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NCR-LA

News in brief

Newtown shooter wanted to top Norway death toll

The man who shot dead 20 children and six adults at a Connecticut elementary school wanted to kill more people than the 77 slain by a Norwegian man in a 2011 rampage, CBS News reported on Monday, citing unnamed law enforcement sources.

A Connecticut state police spokesman dismissed the report as inaccurate speculation.

Adam Lanza, 20, who killed himself as police closed in on him at Sandy Hook Elementary School in Newtown, Conn., on Dec. 14, saw himself in direct competition with Anders Behring Breivik, CBS said.

Citing two officials briefed on the Newtown investigation, CBS said Lanza targeted the elementary school because he saw it as the "easiest target" with the "largest cluster of people."

The report did not say how the investigators learned of Lanza's desire to compete with Breivik. **REUTERS**

77
People were killed in the bombing and shooting by Anders Behring Breivik

▶ The shooting took place at Sandy Hook Elementary School.

GETTY IMAGES

Bill Gates: Microsoft messed up its early mobile strategy

Microsoft Corp. Chairman Bill Gates said he was not satisfied with the company's pace of innovation over the last few years and that it had mishandled its early mobile strategy.

"We didn't miss cell phones, but the way that we went about it didn't allow us to get the leadership. It's clearly a mistake," Gates, Microsoft's former CEO, said in a rare interview with CBS.

Gates hedged questions on whether he was happy with Chief Executive Steve Ballmer's performance. He said Ballmer had achieved a lot but that both he and Ballmer were not satisfied.

"[Ballmer] and I are two of the most self-critical people I know," Gates said.

"There are a lot of amazing things that Steve's leadership achieved — Windows 8, the Surface computer, Bing, Xbox. Is it enough? No. He and I are not satisfied that in terms of breakthrough things we are doing everything possible."

Ballmer took over as Microsoft's CEO in February 2000. The company's shares have dropped 45 percent since then.

Former Microsoft executive Joachim Kempin said in a book he wrote about his time at the company that Ballmer was not the right leader for the world's largest software company but held his grip on it by systematically forcing out any rising manager who challenged his authority. **REUTERS**

GETTY IMAGES

▶ Microsoft Chief Executive Steve Ballmer, left, stands with Microsoft's former CEO Bill Gates.

Soft performers

- Microsoft has faced criticism for its latest Windows 8 versions for different devices, while its Bing search engine has won only a small market share.

Apple hit by Facebook hackers

Apple Inc. was recently attacked by hackers who infected the Macintosh computers of some employees, the company said yesterday in an unprecedented disclosure that described the widest-known cyber attacks against Apple-made computers to date.

Unknown hackers infected the computers of some Apple workers when they visited a website for software developers that had been infected with malicious software. The malware had been designed to attack Mac computers. **REUTERS**

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Shooting spree tied to carjackings

A gunman on a shooting spree in suburban southern California shot and killed three people and wounded two others yesterday before killing himself, police said.

Media reported that some of the gunman's attacks involved carjackings, although the circumstances that led to the spate of violence were not immediately clear. Authorities first received a call on a shooting early in the morning at a home 50 miles southeast of Los Angeles. Officers arrived to find a woman shot to death. The suspect, a man in his 20s, fled and headed to the nearby city of Tustin, where there were additional shootings. **REUTERS**

3
Victims killed in the shooting spree yesterday

24

THE DAY'S NEWS AT A GLANCE

Warplane crash kills 12 in Yemeni capital

A Yemeni air force plane crashed in the capital Sanaa on yesterday, killing at least 12 people, security sources said.

State news agency Saba said three women and two children were among those killed when the plane, on a training flight, came down in a western residential district. Eleven people were wounded, security sources said. Pictures on social media sites showed one body near burning wreckage of the craft. **REUTERS**

Pentagon reviews interview for leaks

The Pentagon is reviewing whether a retired Navy SEAL who claims to have killed al-Qaeda leader Osama Bin Laden disclosed classified details of the May 2011 raid that led to his death, according to a spokesman.

Esquire magazine and the Center For Investigative Reporting published an article this month titled "The Shooter. The Man Who Killed Osama bin Laden ... Is Screwed."

In addition to providing what are said to be details of the raid, the report also outlines health insurance benefit issues the SEAL said he is encountering with the Department of Veterans Affairs since retiring from the Navy after 16 years of service. The SEAL wasn't named. **BLOOMBERG**

There's more than one side to a story. Maybe even five sides.

Woman demands Berlusconi apology for staged sex chat

An Italian woman has demanded an apology from former Prime Minister Silvio Berlusconi for crudely joking with her onstage about sex days before a national election. The woman said her 13-year-old daughter cried for days after seeing a video of the encounter.

"I want an apology for all Italian women, because they should not have to suffer insults like this — at work or outside work," Angela Bruno said. **REUTERS**

Berlusconi: the man with a famously one-track mind.

No NATO role for Gen. Allen

MANDEL NGAN/AFP/GETTY IMAGES

▶ Gen. Allen says "nay" to NATO.

General John Allen, who oversaw the NATO war effort in Afghanistan until earlier this month, has decided to retire instead of pursuing his nomination as the next NATO supreme allied commander due to family health issues, President Barack Obama said yesterday.

Allen, whose wife has suffered from chronic health problems, has been under pressure in recent months as the target of a high-profile Pentagon investigation that in January cleared him of wrongdoing after examining e-mail exchanges with a Florida socialite.

The investigation arose from the sex scandal that forced retired General David Petraeus to resign as CIA director in November.

The White House had publicly said it would move forward with Allen's nomination for the NATO job. **REUTERS**

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myentertainment

THE WORD

Dorothy Robinson's take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Lifestyles of the rich and poopy

Ah, to be famous, rich, gifted — and in diapers. Let's look into the lifestyles of the rich and babies, shall we, in today's Word: Baby Edition.

On Tuesday, **Alicia Keys** revealed that **Egypt**, her 2-year-old son with **Swizz Beatz**, made some moves on **Blue Ivy**, 1, who is, of course, the Most Famous Infant in the Universe®.

"Egypt kissed Blue, and I don't think **Jay** liked it very much," Keys told **Wendy Williams** on her eponymous talk show. "He called my husband and he was like, 'Watch your son.'"

I'd laugh if I didn't think there was some truth behind that threat.

RONALD MARTINEZ/GETTY IMAGES

▶ Alicia Keys and son Egypt said hello to Beyonce and Jay-Z on Sunday during the 2013 NBA All-Star Game in Houston. Egypt hopefully kept his lips to himself.

And in other important baby news, **Charlize Theron**'s adopted son **Jackson** had a glamour-filled first birthday party. "**Sandra Bullock** was one of the first guests to arrive with her son **Louis**," a source to E! News of the fete held Sunday at Theron's Hollywood Hills home. "As they walked into the party, they bumped into **Chelsea Handler**, who had also just arrived in a limousine. They all walked in together and headed for the backyard where children's music was playing and kids were running around."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@kerrywashington
Had SO much fun @Disneyland tonight :) And uhm, to the lovely guy who asked if I was 'Kerry Washington' I apologize 4 not being honest!

@samantharonson
Just got asked, by a homeless woman, if I had speed- so obviously I'm feeling young, edgy and skinny.

@SteveCarell
Watched "Jurassic Park" with my son this weekend. We are thinking about getting a pet Velociraptor. Maybe a rescue.

Morrissey makes the Staples Center do his bidding

Sorry, McDonald's, but **Morrissey** does not want you serving your food during his concert at Los Angeles' Staples Center

Promoters for the show announced Monday that the arena's food service will not serve any meat the night of his show, in deference to the musician's vegan and animal-rights activism. Moz also specifically asked for McDonald's not to open at all.

In a statement about this change, Morrissey said, "I don't look upon it as a victory for me, but a victory for the animals."

Interesting. Will this mean that concert venues will change their food services to please the whims of big names? If so, will **Ozzy Osbourne** be able to find a vendor to serve enough bats to meet demand? Will **Ke$ha** be able to coerce the venues to serve only Jack Daniels and Easy Cheese?

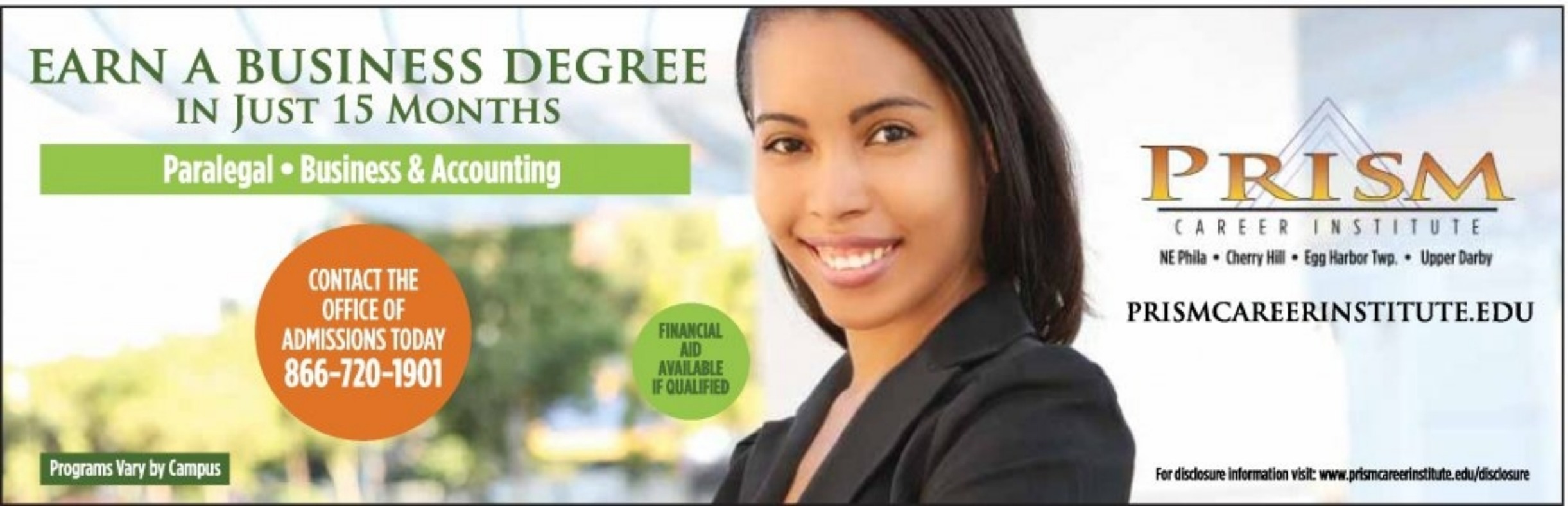
Hot. Shot

▶ Wood with his favorite newspaper

METRO RUSSIA

Elijah Wood reads all about Elijah Wood

On Tuesday in Moscow, "Lord of the Rings" actor Elijah Wood read a story about his visit to Russia in the local edition of Metro, every Hobbit's favorite newspaper.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Six guys and a pregnant princess

1. Fun fact about **Richard Gere** (seen here at an "Arbitrage" photocall yesterday in Rome): His middle name is Tiffany.

2. Muse's **Matt Bellamy**, **Kate Hudson**'s fiance and baby daddy, took the stage in London on Monday.

3. Ello, Becks! **David Beckham** returned to his hotel after a training day at the PSG center yesterday in Paris.

4. Have bags, will travel: **James Franco** arrived at Narita International Airport in Japan on Tuesday.

5. "Harry Potter" actors **Oliver** and **James Phelps** (who do not have naturally red hair!) visited the Harry Potter Exhibit at Discovery Times Square on Tuesday in New York City.

6. Can you spot the royal heir in there? A pregnant **Catherine, Duchess of Cambridge,** visited London's Hope House, a residential treatment center, yesterday.

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2: ANDREW WILLSHER/WAR CHILD/GETTY IMAGES ENTERTAINMENT
3: MARC PIASECKI/FILMMAGIC
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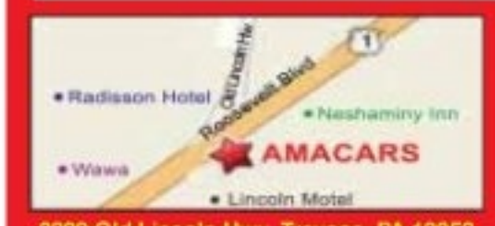

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TV watch list

'The Americans'

DRAMA. This buzzy new show starring Keri Russell is four episodes in and already proving to be a bona fide success. Tonight's episode of the 1980s Cold War drama features the attempted assassination of President Ronald Reagan, which prompts the FBI to determine whether the KGB is involved. **10 p.m., FX**

▶ Katie Couric will take a look at memorable Oscar moments tonight on a special episode of "20/20."

GETTY IMAGES

'American Idol'

REALITY. Ten male semifinalists take the stage tonight in Las Vegas. By the time this two-hour episode wraps, half of them will be axed and yet we'll still feel miles away from the season's finish line. **8 p.m., FOX**

'20/20'

NEWSMAGAZINE. Get your film-buff fixings in preparation for this Sunday's Academy Awards with this special edition of "20/20" hosted by Katie Couric. The show will go behind the scenes at the Oscars, with Couric exploring past fashion trends, memorable speeches and home movies featuring classic stars throughout the award show's history. **10 p.m., ABC**

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In control of 'No One In Control'

- Snowden's Jordan Jeffares emerges with a new album after more than six years off the scene
- A record label conflict forced the artist's hiatus, but taking his time makes the songs better

After his 2006 release "Anti-Anti," which was roundly praised by critics, Jordan Jeffares disappeared altogether because of a conflict with his record label. Known for introspective, echoing songs loaded with the prettiest brand of longing this side of The Cure, he is now receiving advance praise for his sophomore release, "No One In Control," which comes out in May. Jeffares says he never gave up making music, he just couldn't find a way to put it out.

"If you put it out naked, there's a good chance that no one will ever hear it," he says from his Austin, Texas, home. "It's very hard to get a record out properly anymore. ... Without a push behind it, — i.e., some finances — it can be hard."

Quoted

"I had a falling out with my old label and ... I couldn't show anyone any music because I had to protect myself legally. That compounded the problems."

JEFFARES, ON HIS HIATUS

Do you find that the longer you've worked on a song, the better it is?

I hope it is. I have a group of peers that I pass things around to, and I'll keep changing things until they smile.

This new album feels like the follow-up to "Anti-Anti," even though it's been six years.

Even with this much time and this much work on this record, I have strong themes that I'm drawn to sonically, and ... that's why it sounds like a follow-up, because it really is.

Do you think being in Austin helps you write differently?

When I got here and I was trying to understand where my head was at as far as my writing goes, I read this Steve Earle quote about Austin. He said, "The weather was great, the women were beautiful and the drugs were too cheap, and I wouldn't get anything done in a town like that." It explains why nothing good comes out of beach towns, including L.A. ... It's hard to find flux to create new moods.

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▶ Jordan Jeffares is the soul of Snowden. He performs at Johnny Brenda's on Wednesday, Feb. 20.

Q&A

You've been described as enjoying a sort of cold, snowy ambience in your songwriting. What songs or artists evoke that for you?

I've always been a big fan of The Cure's early- to mid-career, and of course, My Bloody Valentine. I'm a huge Yo La Tengo fan. One of the bands that I'm constantly throwing out to my friends, trying to get them to pick up on is The Clientele. I don't understand how they're not one of the biggest bands in the world.

Heidi Patalano
heidi.patalano@metro.us

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A falling out with a Fall Out Boy

- We must have said something to upset Fall Out Boy bassist and new novelist Pete Wentz
- He insists his new book isn't a memoir

Pete Wentz was apparently not happy with something we said and decided to hang up on us. In the interest of full disclosure, early on in the discussion, we did try to break the ice by referencing those nude photos that leaked online in 2006. But if that riled him up, we think it would have made more sense for him to hang up at that point, instead of well into our interview about his debut novel, "Gray." At least we were able to salvage these (somewhat) coherent thoughts from our chat.

You worked on this book for years. What did it take to finally come out?
I don't know, I guess it's just — I mean, I don't know. I think creative projects don't really happen overnight, I guess. There's no rhyme or reason to why it takes a little — I mean, there's no specific reason, I guess, you know.
The narrator sounds like you — a Chicago guy who quits school for a band. How much of you is in him?
I mean, it's 100 percent fictional. ... There's composite characters in the same way that I think that if you read people's books throughout history they're informed by their lives, but I think in the kind of obsessed culture we live in, people are like, "Well, then that means it's autobiographical," but it's not. ... I could have written it as a nonfiction because you get more bang for your buck. Nonfiction, it's like on the 'Today' show … and it's a lot of easier to get |on the| New York Times best-seller list, but ... I don't know, I mean, it's just not the road that I would take.
Did you approach this the same way you write music?
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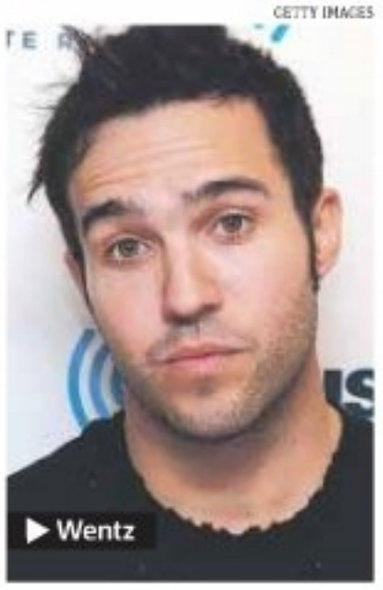
▶ Wentz

Quoted
"I mean, it's 100 percent fictional. ... There's composite characters in the same way that I think that if you read people's books throughout history they're informed by their lives."
WENTZ, ON "GRAY"

Q&A
Did the story change while you worked on it?
I guess, I mean, the premise and the idea were the same. I mean, I think the narrative took on different directions a couple of times, but that's the nature of, I guess, writing something.

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ANDREW LINCOLN IS 'WALKING' US THROUGH

The star on playing his poignant 'Walking Dead' character
How would he react to a zombie apocalypse? He recalls 'Love Actually'

British actor Andrew Lincoln was once only known to American audiences as that sensitive guy in "Love Actually" who made women everywhere teary-eyed when he told Keira Knightley he loved her — using flash cards. No longer. Lincoln's ignited his career as Sheriff Rick Grimes in the huge AMC hit "The Walking Dead." All it took was trading in sweet love notes for some choice zombie-slaying weapons.

"The Walking Dead" is a horror show — but also a psychological drama showing how people deal with danger.

It's not just a show about monsters. All of the horror movies I love, such as "The Shining," have some sort of moral. The characters never cease evolving, and that's what makes the show so strong. The psychological impact of the decisions my character needs to take is the most interesting part.

"All I can say is that on paper, a TV show about zombies shouldn't have made such an impact on my career." LINCOLN

Rick Grimes is very different from Mark, your character in "Love Actually." Do you have a favorite?

It's hard for me to choose between two people who are both so far removed from my personality. "Love Actually" is a beautiful film. But I like the fact that with Rick Grimes you never know what to expect.

How would you describe him?

I wouldn't be able to. One of the most remarkable things about him is his changeability. If he's still alive, it's because he sticks by all of his decisions, and these become increasingly difficult and morally ambiguous. But at no point do we lose touch with who he really is.

The third season of "The Walking Dead" just started. Can you give us some spoilers?

One of the show's biggest strengths is how main characters come and go to be replaced by new ones. This formula has helped us add a new dimension and is what enables the show to reinvent itself every season. I wouldn't be able to tell you what a classic episode is like because I've never done one. I'm just happy Rick has survived all these episodes.

Did you ever think the show would be so successful when you first signed on?

You can't predict this sort of thing. All I can say is that on paper, a TV show about zombies shouldn't have made such an impact on my career.

It influenced your career?

Definitely. I never thought I'd ever get to play such an emblematic American character. It's a privilege.

Jerome Rombaux
METRO WORLD NEWS

AMC

▶ "The Walking Dead" airs Sunday at 9 p.m. on AMC.

Q&A

Have you ever been scared on set?

No. You know, zombies are pretty cool people. There is this one scene when I come back to the farm followed by a horde of zombies in the middle of the night. That was scary. Other than that, no. I am a zombie killer after all.

How would you react to a real-life zombie invasion?

I would be the first one to run away!

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2012 Chrysler 200 Touring
Low Miles, Factory Warranty, Keyless Entry, Heated Mirrors, Privacy Glass, Alloy Wheels
$15,900

2004 Lincoln Aviator
Sunroof, Leather, Roof rack, AWD, 3rd Row Seat, Alloy Wheels, Heated Seats, Privacy Glass
$9900

2009 Nissan Murano LE
Leather, Heated Seats, AWD, Bluetooth, Keyless Go, Back Up Camera, Roof Rack, Traction Control
$21,900

2009 Lincoln MKS
Dual Moon Roof, Bluetooth, Back Up Sensors, Alloy Wheels, SYNC, Heat/Cool Seat, Fog Lamps
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2006 Acura MDX Premium
Sunroof, 3rd Row Seat, Heated Seats, AWD, HD Lights, Alloy Wheels, Roof Rack, Fog Lights
$15,900

2009 Dodge Charger SE
Alloy Wheels, Rear Spoiler, CD, Privacy Glass, Keyless Entry, Cruise, Halogen Headlights
$12,900

2010 Nissan Maxima SV
Factory Warranty, Heated Seats, 19" Alloy Wheels, Bluetooth, Keyless Go, Leather, Fog Lamps
$20,900

2011 Nissan Altima 2.5 S
PW/PS/PL, CD, Cruise Control, A/C, Keyless Entry, Auto Trans, Privacy Glass
$13,900

2011 Mitsubishi Endeavor LS
AWD, Bluetooth, Alloy Wheels, Privacy Glass, Fog Lamps, Luggage Rack, Cruise, CD
$16,900

London FW diary

SATURDAY, FEB. 16

9:15 p.m.
Inside **Rihanna**'s debut collection for **River Island** it feels like we're up in the club. The pop star's super fans are dancing, hard. Model of the moment Cara Delevingne is body-rolling to Drake. Her bestie, model Jourdan Dunn, is getting down right beside her. They take a seat beside Tyson Beckford.

9:30 p.m.
Kanye West's "Clique" is playing. Rihanna gets extra points for the soundtrack. But the clothes? I'm having flashbacks to Kanye West's debut in Paris, which was a much more intimate affair. The critics raked his line over the coals, but at least he put in a real effort, even if he did try too hard. Rihanna and her co-designer Adam Selman, on the other hand, seem to be banking on the fact that plenty of women out there want to look just like her. So rather than showing us something new and creative, like the platinum-selling albums she turns out yearly, these clothes seem a bit last-year. That's mostly because these tank dresses and sheer tops are replicas of things she's already worn, and that clearly seems to be the point (it worked for the Kardashians). The Row or Victoria Beckham, this collection is not. Can we get a sartorial equivalent of "Diamonds" instead?

Rihanna for River Island

SUNDAY, FEB. 17

2:45 p.m. The cocktail hour at **Topshop's Unique** show is in full swing. This year it's being held in the Tate Modern museum and the tourists who are in the building to view some art are getting another kind of show instead. As I walk in, there's a bearded man in a dress posing for photographs with Pixie Geldof.

3:15 p.m. Um, just how many shows is Cara Delevingne walking in this season? That girl is inescapable. And where you see her, Jourdan Dunn is not far behind. Last night, they were partying at Rihanna's show together. Today they're opening Unique like two impossibly lean partners in crime.

3:30 p.m. This is one of the best collections Topshop has produced in a while. A few takeaways:

1) Skirts are longer and fuller this season. Unique's, which come in leather and shimmery sequins, are particularly good.

2) Satin is trending. But the key is to make it young, cool and casual. Witness the navy jumpsuit, which was a show highlight.

3) The more oversized, the better. This collection epitomizes the overall slouchier, roomier and comfier feeling of the season.

Topshop Unique

MONDAY, FEB. 18

Noon "I bet you he's going to decamp to Paris," a fashion writer says as we cram into a crowded elevator of top editors on our way to **Christopher Kane**'s buzzing show. He's been a

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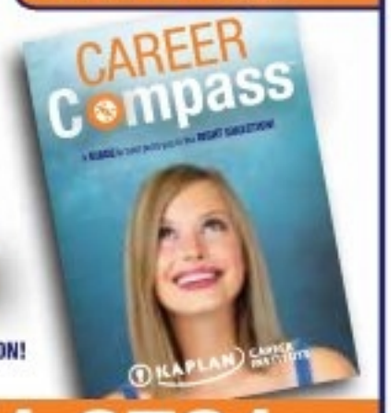

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— Metro's style director ***Kenya Hunt*** *is reporting from London Fashion Week. Read her daily dispatches for the latest on what's coming down the runway and follow her on Twitter:* **@KENYAMETROSTYLE**

Christopher Kane

London Fashion Week highlight for three years now. But public interest in him is now on high, ever since PPR (the power conglomerate behind Alexander McQueen and Stella McCartney) announced that it would be buying a 51 percent stake in his brand in January. His collection featured a whopping 60 looks and was really like three (or four or five?) shows in one, and they all impressively lived up to our outsized expectations. From the beautifully understated opener (a tailored navy coat fastened with one simple, leather strap) to the showstopping closer (a futuristic color-blocked dress done in metallic tinsel), not to mention all of the vignettes in between (camouflage kilts! chunky fox furs! satin wide-leg trousers! peekaboo cocktail stunners! three-dimensional florals!), there was much to covet about this collection, which I'm guessing will be a career game-changer.

Review. Burberry Prorsum

ALL PHOTOS GETTY IMAGES

Feb. 18, 4 p.m.: Christopher Bailey showed a print for everyone in his dense collection: stripes, cow blotches, hearts, leopard spots, you name it. But if those hearts look familiar, it's because they surfaced in the house's menswear collection last month. Consider them to fall 2013 what that cute owl was for fall 2012.

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Out in space, no one can hear you game

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

Space: the final frontier. Unless your name is Richard Branson, you probably won't be traveling there anytime soon. So indulge your galactic wanderlust with video games. Here are reviews of two new titles set in the empty void of space.

▶ The beasties descend upon players in "Aliens: Colonial Marines." It's not as exciting as it looks.

'Aliens: Colonial Marines'

Consoles: 360/PS3
Company: Sega
Grade: ❶❷❸❹❺

For such a popular film series, there really haven't been that many "Aliens" games. If this title is any indication, we can be glad for that. A first-person shooter that works as an official sequel to James Cameron's classic film? Sounds amazing on paper. But in real life it's boring. The locations look great and will push your nostalgia button, but the game play just doesn't cut it. Walk down a cramped corridor. Kill wave after wave of witless Xenomorphs. Repeat. That's all there is to it. There is some admirable fan-service here, but it's still not worth popping out of a stomach for.

'Dead Space 3'

Consoles: 360/PS3
Company: EA
Grade: ❶❷❸❹❺

The "Dead Space" series successively manages to marry the survival horror thrills of "Resident Evil" with a hard sci-fi setting. It's been just two years since the second installment, and the cracks are starting to show. There is still plenty of fun to be had frantically blowing the limbs off of aliens and upgrading your weapons, however. Did we mention you can also stomp on their corpses? Because you can. Yay, video games! The real hook here is that the entire game can be played cooperatively. This takes what otherwise would feel like a paint-by-numbers sequel and gives it a fresh coat of paint. Who knew absolute terror was best shared?

Metro does not endorse the opinions of the author.

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6 Power foods that help lower blood pressure

Advice

JOY BAUER

HEALTH AND WELLNESS EXPERT FOR THE 'TODAY' SHOW AND NEW YORK TIMES BEST-SELLING AUTHOR

www.joybauer.com

February is American Heart Month, so I'm highlighting five delicious and nutritious foods that can help you gain control of high blood pressure and satisfy your taste buds, too.

Spinach

Spinach is low in calories, high in fiber and packed with heart-healthy nutrients like potassium, folate and magnesium — all key ingredients for lowering and maintaining blood pressure levels. Try sauteing yours with garlic and olive oil for an easy dinner side. Or, try mixing fresh spinach leaves into salads or add them to sandwiches in place of your usual lettuce.

Sunflower seeds

A quarter cup of this simple snack is also an excellent source of magnesium. Make sure you buy the unsalted version, as the salted kind is high in sodium — a mineral that you want to avoid when it comes to keeping blood pressure levels in check.

Soybeans

Soybeans are another excellent source of potassium and magnesium. Look for soybeans in the pod (edamame) in the freezer case at your local grocery store. For a healthy snack, boil one cup and pop them directly out of the shell and into your mouth.

Beans

These legumes are versatile and nutritious, too! Choose any type of bean that floats your boat — black, white, navy, lima, pinto, kidney or a combo of a few. They are chockfull of soluble fiber, magnesium and potassium, all excellent ingredients for lowering blood pressure and improving overall heart health. Add beans to your favorite salads, soups or wraps; as a bonus, they're pretty inexpensive.

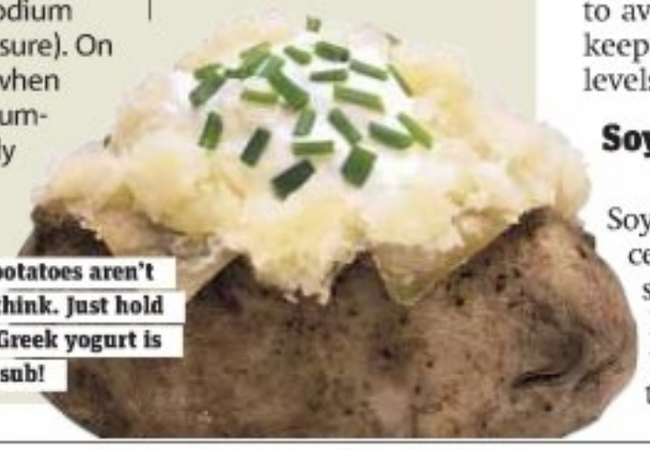
Bananas

This fruit comes conveniently wrapped in its own packaging and is filled with loads of potassium, so it's a great choice for an on-the-go heart-healthy snack. You can also add a banana to your breakfast by slicing it into a whole grain cereal or blending into a smoothie with some strawberries and nonfat Greek yogurt. Plus, bananas make a yummy sweet treat when sliced into half-inch wheels and frozen — yum!

— For more smart information on lowering blood pressure and cholesterol, visit www.joybauer.com and follow Joy on Facebook and Twitter (@joybauer).

Baked white potato

The tasty spud often gets a bad rap (since it is commonly thrown in the deep fryer), but it is actually a rich source of magnesium and potassium, two vital nutrients for heart health. When potassium levels are low, the body holds onto extra sodium (and too much sodium raises blood pressure). On the other hand, when you eat a potassium-rich diet, the body becomes more efficient at getting rid of excess sodium. Like potassium, magnesium is also a key player in promoting healthy blood flow. Just skip the butter and sour cream toppings and instead opt for a dollop of nonfat Greek yogurt or salsa to kick the flavor up a notch.



Surprise! Baked potatoes aren't as bad you might think. Just hold the sour cream — Greek yogurt is a great sub!

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Is sugar the culprit for heart disease?

You know to watch your cholesterol, but you may not know that sugar plays a role

February is famous for hearts. But thanks to the American Heart Association, that goes beyond Valentine's Day. Now it's also American Heart Month — a time to raise awareness for heart disease prevention. The most well-known route to a heart-healthy lifestyle is pursuing a low-fat, trans fat-free diet to lower blood cholesterol.

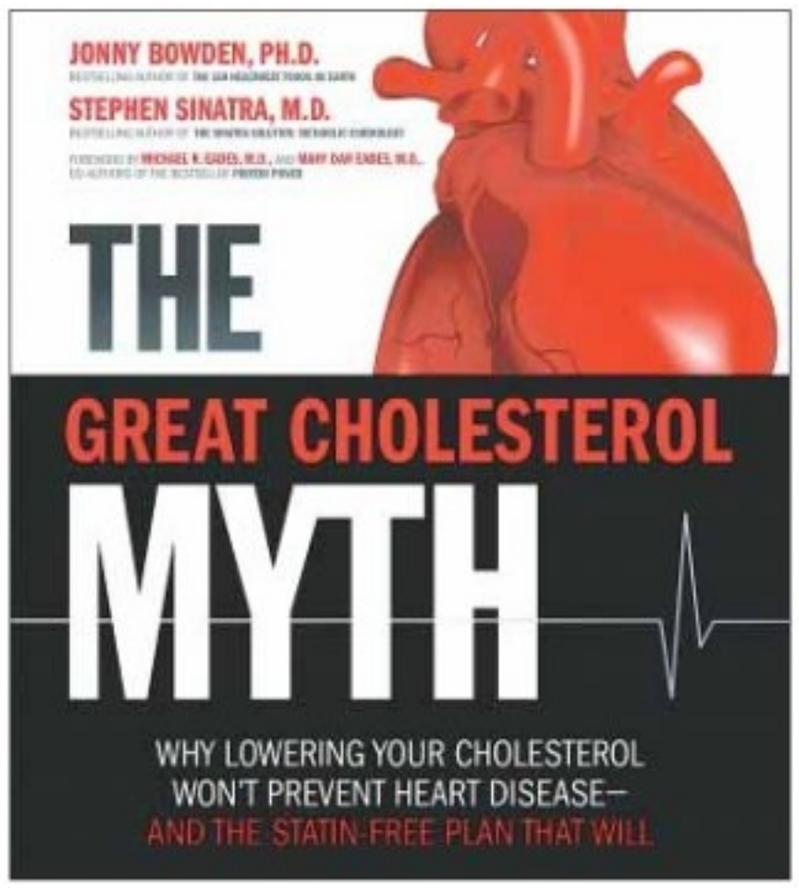
But nutritionist Jonny Bowden, Ph.D, CNS, says the medical community at large has got it seriously wrong. Bowden co-authored "The Great Cholesterol Myth" with leading cardiologist Stephen Sinatra, M.D., FACC, founder of integrative cardiology website www.heartmdinstitute.com, saying that dietary fat is not the cause of heart disease.

"I have an analogy I like to use," says Bowden. "In the 1980s, when VCRs were introduced, there were two tape formats, VHS and Betamax. VHS won not because it was better, but the manufacturers talked a better story. Betamax has proven to be far superior. It's the same thing with heart disease. There were two competing theories: One said a low-fat diet was the answer, while another said sugar caused heart disease. The fat theory won. The wrong team prevailed."

Going against common government guidelines and even the American Heart Association, Bowden explains that sugar causes inflammation, which damages artery walls and leads to plaque ruptures and cardiac arrest.

"We are not the first to say it," he says. "John Yudkin [the British doctor who led that 'losing team' and wrote 'Pure, White and Deadly'] had all the data in the 1970s. ... It's comforting — it's like 'The Emperor's New Clothes.' Everyone is saying 'Oh, what nice clothes.' And we're standing there yelling: 'But he's naked!'"

Linda Clarke
letters@metro.us



Don't use this as a free-for-all

The sugar theory blows apart decades of cholesterol testing and treatments to lower cholesterol, but it doesn't mean you can gorge on high-fat foods, which are high in calories.

"You want to achieve the middle ground," Bowden emphasizes, "neither high or low cholesterol. Avoid trans fats. Cook with lard, not Crisco. Use delicious butter and eat grass-fed beef. The factory-farmed meat is completely different to real, healthy meat."

Heart health

All about triglycerides

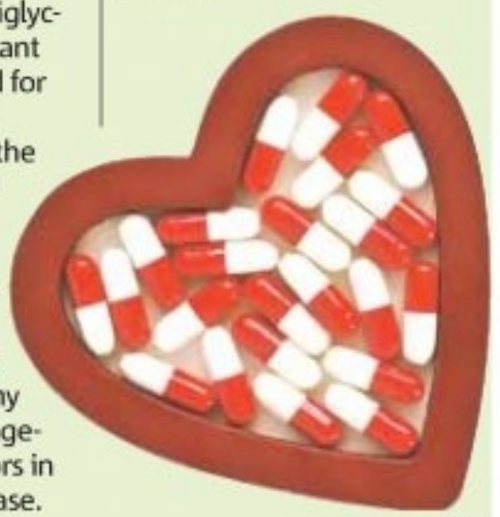
For ages, watching out for your heart meant monitoring cholesterol levels. Just when we get our heads around what cholesterol is and which type is good (HDL) and which is bad (LDL), there's a new heart health buzzword: triglycerides. Triglycerides, like cholesterol, are water-soluble blood lipids. Simply: They're a fat. But according to NYU cardiologist Dr. Herbert A. Insel, a member of the preventative health care institute EHE International's medical advisory board, they aren't everything.

"We do look at triglyceride levels, but when it comes to heart disease, cholesterol levels are the best indicator," he says. "LDL cholesterol is the major culprit. This is when plaque ruptures occur and cardiac arrest ensues."

Like cholesterol, triglycerides have an important function: They're used for energy. But too many triglycerides become the substance that sits on your hips.

The direct relationship between triglycerides and cardiovascular problems is unclear, but a healthy diet and weight management are proven factors in preventing heart disease.

"High triglyceride levels may affect high levels of bad cholesterol," says Dr. Insel. "The Mediterranean diet has been proven to be good for your heart. We don't recommend a low-fat diet anymore, but we recommend healthy fats and no trans fats." **LINDA CLARKE**



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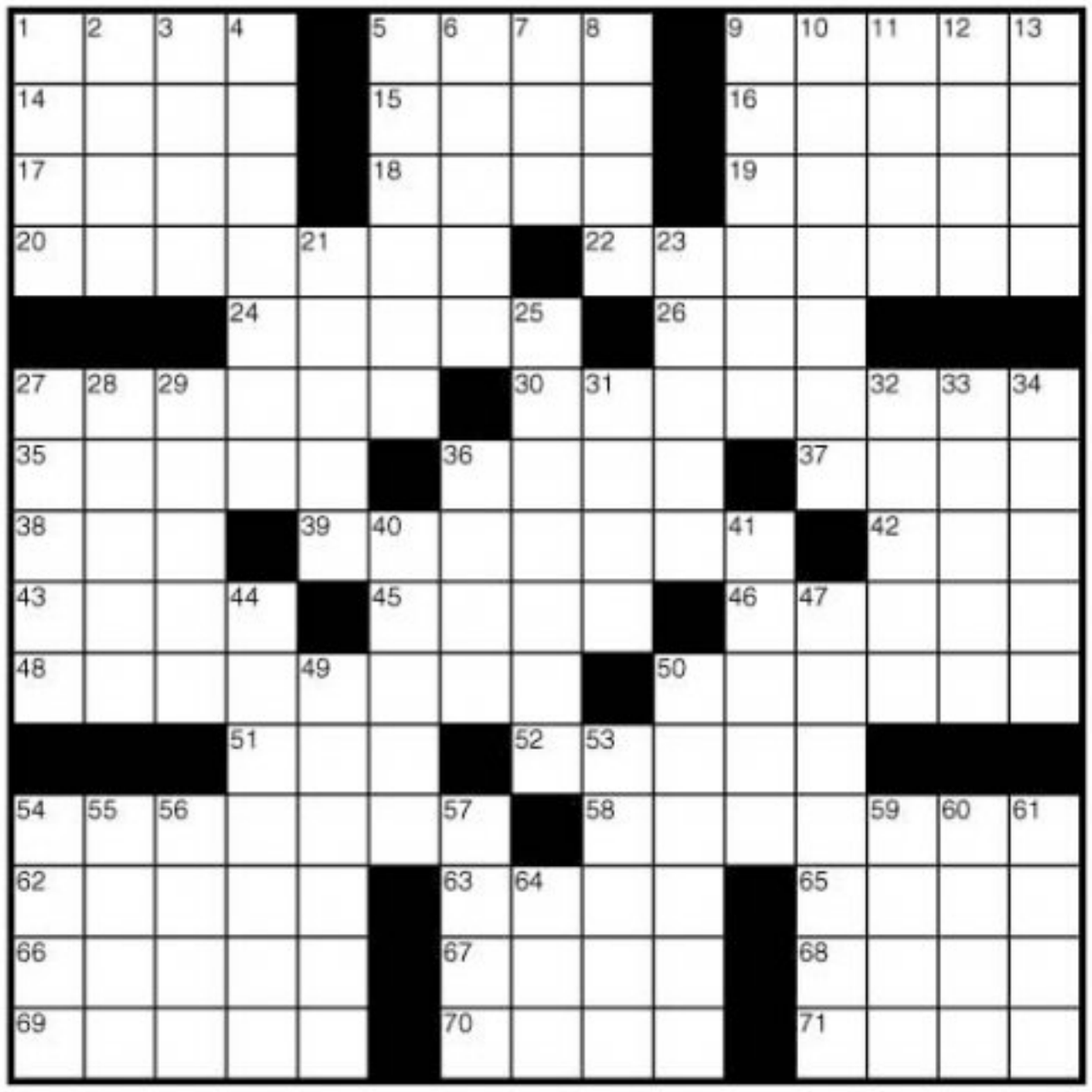

Across
1 — -a-brac
5 Vasco da —
9 Vouchers
14 Make it snappy
15 Saudi Arabia neighbor
16 Milkmaid who Krishna loved
17 Well-qualified
18 Hold down a job
19 Clay pots
20 Mascara target
22 Altar boy
24 Sell hot tickets
26 Lennon's wife
27 Utterly miserable
30 Relax (2 wds.)
35 Be a bad winner
36 Tall tale
37 Edit out
38 — Lingus
39 Earliest
42 Courtroom fig.
43 Bulrush or cattail
45 Batik need
46 Catcher under Stengel
48 Grandeur
50 Feudal tenant
51 "Ulalume" poet
52 Blow, as a horse
54 Shooting stars
58 Loser (hyph.)
62 Veldt grazer
63 Prima donna
65 Cattle-call reward
66 Tennis standout Ivan —
67 Remote
68 Particular
69 Make fun of
70 Garden green
71 Bonkers

Down
1 Hillside, to Angus
2 Deep red
3 Castaway's refuge
4 London district
5 Jumps on (2 wds.)
6 Menotti hero
7 Nick or scratch
8 — Karenina
9 Hums in a soft voice
10 Called out (var.)
11 Without much thought
12 "Anything but —!"
13 Letter encl.
21 Customers, to an S&L
23 — age (long time)
25 Wood smoothers
27 Petri dish gels
28 Censor
29 Superman's father (hyph.)
31 Crude metals
32 Moves toward
33 Infra opposite
34 Scent carrier
36 Goofball (hyph.)
40 More unusual
41 Ski lifts (hyph.)
44 Relies
47 Portuguese resort
49 Piece of pasta
50 Dean Martin hit
53 Kind of blockade
54 Liquefy
55 Gen. Robert — —
56 Blue Nile source
57 Wyo. neighbor
59 — -Rooter
60 He played Obi-Wan
61 Fictional sub commander
64 — — tree falls...

Horoscope

♓ Pisces **Feb. 20-March 20.** Guard against a strong inclination to reward the undeserving while overlooking the virtuous. There's a possibility you could do so in two separate cases.

♈ Aries **March 21-April 19.** This could be a disconcerting day, because you can quickly go from being inspired to being disenchanted. Unless you get a handle on your moods, they'll hamper you greatly.

♉ Taurus **April 20-May 20.** You could do yourself a great disservice by reacting impulsively and blindly allowing one of your hunches to direct your actions. Check things out first.

♊ Gemini **May 21-June 20.** If you've been borrowing things lately, such as tools, materials or even cash, it's best to clear matters up by returning everything as soon as possible. You'll feel better about yourself.

♋ Cancer **June 21-July 22.** Taken alone, your judgment isn't too bad, but you must be careful not to be swayed by another who doesn't have your best interest in mind. Don't believe everything that you're told.

♌ Leo **July 23-Aug. 22.** Don't be impatient if your fellow man doesn't grasp the essence of an idea as quickly as you'd like. It won't hurt to repeat what isn't understood at first.

♍ Virgo **Aug. 23-Sept. 22.** Normally, you are an extremely prudent and pragmatic person, but today you could become intrigued with a financial affair that could be extremely risky. Tread slowly.

♎ Libra **Sept. 23-Oct. 23.** When making a major household purchase, you should take things slowly. If you're unsure about your choice, temporarily walk away and dismiss it from your mind until you're positive.

♏ Scorpio **Oct. 24-Nov. 22.** This could be one of those days when you could benefit from putting off what you don't feel like doing, especially if it's something extremely distasteful to you. Time will take care of it.

♐ Sagittarius **Nov. 23-Dec. 21.** Be extremely careful when handling the resources of another as well as your own. Indifference on your part could prove to be more costly than you anticipate.

♑ Capricorn **Dec. 22-Jan. 19.** Although you are usually a good salesperson, this might not be true at present due to carelessness. You could do or say something that would cause your prospect to back off.

♒ Aquarius **Jan. 20-Feb. 19.** There is a strong likelihood that you could reveal something that you promised to keep secret. Keep a tight hold on your lips.

BERNICE BEDE OSOL

Solution to yesterday's crossword

Letters

USDA's conflict of interest making Americans fat

There seems to be an international war on obesity. Among the world's industrialized nations, the United States bears the dubious distinction of being the world's fattest. In 1992, the USDA introduced the food pyramid which was greatly influenced by politics. The pyramid recommended 6 to 11 servings of grains daily, more than any other food group. Since that time, the number of overweight Americans has risen 61 percent. The federal government has been subsidizing and promoting the consumption of high-carbohydrate foods such as wheat, corn, soybeans, rice and cotton. Farmers are paid based on how many bushels of these crops that they grow, which promotes overproduction. Farmers growing fresh produce by contrast, receive very little from Washington. In 2011, the food pyramid was replaced by MyPlate — which is better but it still has grains occupying a sizable portion of it. The federal government should be put on a diet by getting out of the business of subsidizing crops and making dietary recommendations. If food prices were dictated solely by the market rather than politics, it is likely that fruits and vegetables would be less expensive than processed, unhealthy foods.

JANET MCCARTHY, VIA E-MAIL

Obama's got a novel definition of 'big government'

President Obama says "we don't need bigger government" and then proceeds to propose everything from free health care to high-speed rail in his State of the Union Address. How exactly do are we supposed to pay for these things without growing government? Bill Clinton was smart enough to say "the era of big government is over" without proposing government-subsidized "quality pre-school education." Now that Marco Rubio's "Watergate" response failed to make a mockery out of the U.S. senator from Florida, liberals are now saying he made claims in his response that President Obama did not make in his speech. The center piece is Obama explicitly said he didn't want bigger government and Rubio said he does.

KEVIN METZ, VIA E-MAIL

SUDOKU: EASY

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					5	9	2	7
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			2	5	4			8

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Flyers return to home away from home

- Orange and Black look to bottle momentum from recent win
- Team loves playing in Pitt
- Giroux looking for 'full 60 minutes' again

GETTY IMAGES

▶ Giroux gave an inspirational speech before Monday's win. The Flyers are hoping to carry that momentum into Pitt.

The Flyers had a whole day to relish that big win over the Islanders. Now that's all ancient history as they prep for a trek across the state to tango with their heated rivals, the Penguins.

Everyone is hoping Monday's victory at least gave the Orange and Black some much-needed momentum.

"You have to bottle it up and carry it right into Pitt," coach Peter Laviolette said after Monday's 7-0 rout in New York.

The Flyers are 2-3 on their season-long, six-game road trip, which ends tonight (7:30 p.m., NBCSN) in Pittsburgh. For the year, they own a dismal 3-8 record on the road. Meanwhile, the Penguins are clicking on all cylinders and boast the best record in the Eastern Conference.

"We win tomorrow, we come back a game under .500," Laviolette said. "Offensively, we've got to put our foot on the gas pedal now."

Maybe a trip to CONSOL Energy Center, an arena the Flyers have gone 5-1 in (regular season) since it opened, can fix their recent woes. The Penguins are 8-2-0 on the road this season, while going just 3-3 at home.

"That's how we gotta play, a full 60 minutes," said captain Claude Giroux, who has eight goals and seven assists in his last eight games in Pittsburgh, including the playoffs. "We didn't let down and it showed."

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3

In the news

Halladay out for Opening Day?

The Phillies haven't announced the starter for that first game in Atlanta, but it sounds like Roy Halladay's streak might be over.

Pitching coach Rich Dubee told reporters yesterday that he wanted to split his lefties up and that Halladay wouldn't have a problem if he was bumped to Game 2.

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Bynum close to return? Big man says 1-2 weeks

All-Star center nearing Sixers debut • Doesn't need any more surgeries, expects to play this year • Collins still not convinced

GETTY IMAGES

▶ Bynum was the talk of the town when he was first introduced in a lavish press conference. Now, some 52 games later, the Sixers big man has yet to step foot on the court.

One more week! One more week! OK, maybe two.

That's the new timeline for the arrival of Andrew Bynum on the Sixers' practice floor. The All-Star big man — and supposed face of the franchise — updated the media on his rehab yesterday and offered encouraging words.

"Yes, [I'm sure I'll play this year]," Bynum told reporters. "I don't see any surgeries, and no doctor has told me I need them. I think I just have to grind up the cartilage that's loose and I'll feel better, so that's what we're working on doing."

Bynum has attempted jumpers and practiced a few dunks, but he has yet to participate in a full-squad practice. He was set to visit orthopedist Dr. Jonathan Glashow in New York on Wednesday.

While Bynum remains optimistic about his debut, coach Doug Collins is trying to curb excitement.

"He's really the only one who knows. Everyone else is just speculating," Collins told reporters. "I have to coach the team like he's not [returning]."

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Chennault overcomes tragedy as Villanova makes tourney push

To understand Villanova guard Tony Chennault, you have to understand what it's like to lose and persevere. Last May, Chennault received a message that would change his life forever.

Chennault, who transferred from Wake Forest to Villanova in the offseason, was informed that his brother, Mike, had been killed in a shooting. For a player dealing with a new team and new environment, the news of his brother's death has made his transition with the Wildcats even tougher.

"It's been a struggle, but I understand that everything in life is a process," said Chennault. "I'm just trying to work through it and make myself a better player this season. My teammates have been really great, though, in showing me the ropes and helping me out whenever they can."

Chennault is averaging 3.6 points and 1.6 assists in 17.5 minutes per game. He's a long way from the player who was deemed the 2009-10 Gatorade boys basketball player of the year in Pennsylvania while at Neumann-Gorretti. Chennault's focus is on finding that player again.

"I'm trying to get a better understanding of where my opportunities will come within the offense," said Chennault. "I'm also trying to be more vocal on the defensive end and just trying to bring that energy off the bench that the team needs."

Villanova (17-10) still has a lot of work to do to get a bid for the NCAA tournament, and Chennault will play a crucial part. He's hoping the team can play more consistently down the stretch. The Wildcats are coming off a 71-63 win over Rutgers this past Monday.

"We've just gotta be more consistent. Our journey's different than other teams," said Chennault. "We still have a lot of work to do in terms of learning how to play with each other. As a younger team, we've definitely struggled playing on the road. Those things are things we've gotta fix soon, as the end of the season approaches."

Jeff McMenamin
sports@metro.us

Senior circuit

- Chennault averaged 19.1 points and 6.0 rebounds in his senior season at Neumann-Goretti. He led the Saints to a 30-1 record and the PIAA Class AAA state title.

GETTY IMAGES

▶ Chennault is averaging just 3.6 points and 1.6 assists per game this season for the Wildcats.

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at home with metro

5 Tips for getting your deposit back

Renters, don't let your love affair with wallpaper prevent you from getting your hefty security deposit check back at the end of your lease. You have to be smart tenants. Kari Taylor, director of rental insights at Rent.com, gives us the how-to.

Tidy up

"While you may think you're as clean as a whistle, your landlord may not agree," she says. "It may be worth hiring a cleaning service upon move-out day just to cover all your bases. The $100 clean-up may save you the aggravation of an argument and security deposit dispute down the line."

Read your lease

"This may seem like common sense, but so many renters miss the specific guidelines laid out by their landlord regarding the return of their deposit," she says. "A list should be made and agreed upon regarding the conditions of the apartment in the lease — before you sign it."

Takes pictures of something other than food and sunsets

"Take some photos of the apartment when you first move in," Taylor suggests. "Make sure they are time- and date-stamped! Then repeat the process on move-out day. This way preexisting damage is documented and the blame cannot fall on you."

Ask before you, say, paint the walls red

"When renting, it is always best to get written permission from your landlord before doing any renovations, changing paint color, etc."

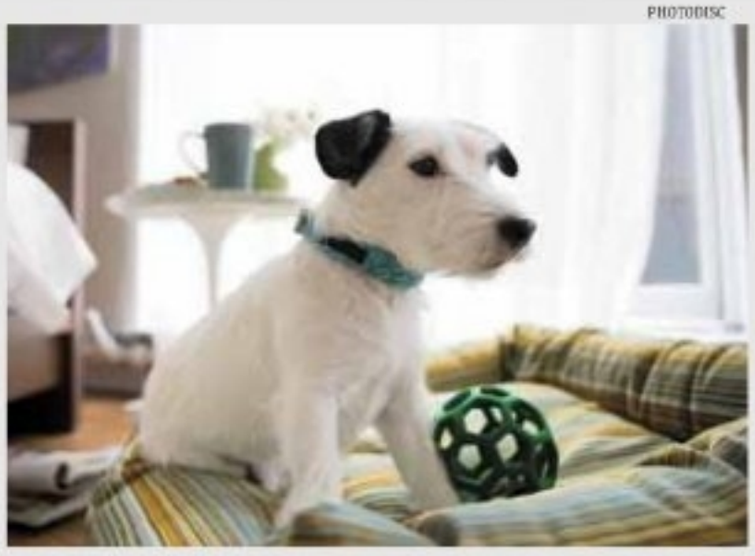
Work together

"There's no guarantee that a landlord will negotiate you breaking your lease, but maybe there is a compromise that can be met. For instance, you could help find a replacement tenant."

The pet amendment

"Landlords will often bend some of their lease rules for a trustworthy tenant or a special circumstance. If you agree upon an amendment to the lease (your miniature pooch can stay on the premises) make sure you both sign it and date it and, if at all possible, get the amendment reworked into the paperwork." METRO

PHOTODISC



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Editor's pick

Zen Home

For those of you who find cleaning therapeutic, your world is about to get a whole lot calmer thanks to Zen Home. The acclaimed New York-based eco-friendly cleaning service recently launched a range of 100 percent nontoxic cleaning products made with natural ingredients such as lavender, eucalyptus and tea tree oil. Make sure to take deep breaths the next time you're dusting your table and countertops, and hopefully the essential oils will transport you to a spa. A glass of bubbly helps. **$6, www.zenhomecleaning.com** METRO

Real estate

Psy buys L.A. home

South Korean musician Psy, of "Gangnam Style" fame, closed on a Westwood condo for $1.2 million, the Los Angeles Times reported. The two-bedroom is located in Blair House, a high-rise development in the Wilshire Corridor neighborhood of Los Angeles and has a saltwater swimming pool and a tennis court. Jane Siegal and Holly Davis of Coldwell Banker had the listing.

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